



# The Young at Heart News

## WATAUGA COUNTY PROJECT ON AGING

132 Poplar Grove Connector, Suite A Boone, N.C. 28607

265-8090

L. E. Harrill Senior Center

265-8090

Western Watauga Community Center

297-5195

**JANUARY AND FEBRUARY 2006**



### Mission Statement

The mission of the Lois E. Harrill Senior Center and the Western Watauga Community Center is to create an environment that encourages independence in older adults and promotes their active participation in all aspects of their lives.

### Plenty of Time Remains for Choosing a Prescription Drug Plan



Since the implementation of Medicare's sweeping prescription drug coverage changes, many Medicare beneficiaries across the country have been unsure of their choices. Further complicating the situation are the rumors and myths surrounding the Medicare Prescription Drug Plans (PDPs). North Carolinians should know that there is still plenty of time to figure out what your options are and to enroll in a PDP. The Seniors' Health Insurance Information Program, or SHIIP, is a division of the Department of Insurance, and they discourage seniors from rushing Medicare decisions.

SHIIP volunteers and trained staff at the senior center can help you through the process of sorting out North Carolina's 38 different PDPs.

If you are unsure about whether or not you need to enroll and which plan to choose, the following information is a general explanation of what the deadlines for enrollment are and who needs a Medicare PDP.

You can enroll in a PDP anytime during the open enrollment period, which began Nov. 15 and lasts until May 15, 2006. But if you're unsure about which plan you want or if you need to enroll at all, you can still sign up anytime before May 15, 2006, and you'll face no penalties.

Everyone who is enrolled in Medicare Part A and/or Medicare Part B has the option to join a Medicare PDP, regardless of income level

### Plenty of Time Remains for Choosing a Prescription Drug Plan cont.

and resources, pre-existing conditions or current prescription expenses. Also, if you are enrolled in a Medicare Advantage Plan — such as HMO, PPO or private-fee-for-service plans — you may already be enrolled in the drug coverage plan they offer. If you do not have any other prescription drug coverage, then you do need to sign up for a Medicare PDP.

If you currently have prescription drug insurance coverage that is as good as or better than the Medicare PDP coverage, then you do not need to purchase a Medicare PDP. Also, if you have creditable prescription drug coverage through an employer group plan, TRICARE, or the Veteran's Administration you should not need a Medicare PDP, and you should have already received a letter from that agency verifying the creditability of your current coverage.



If, you are eligible for the coverage and don't already have coverage that is as good as a Medicare PDP and do not enroll by May 15, 2006, then you may have to pay a one percent penalty for each month that is past the May 15 cutoff date. If you need assistance please call Sherry at 265-8090 to schedule an appointment.

### Reverse Mortgage Program at Senior Center

Wilma McDaniel, Special Projects Manager for Northwestern Regional Housing Authority and certified reverse mortgage counselor will provide information on reverse mortgages at the Lois E. Harrill Senior Center Tuesday, February 28, 2006 at 11 a.m. The program is free and open to interested persons age sixty and older. There will be an opportunity for questions and individual counseling. We request that you call to reserve a space so that adequate materials will be available. To reserve a space or for further information you may call 265-8090.

## **LOIS E. HARRILL SENIOR CENTER** **January and February 2006**

### **Caldwell Community College Classes**

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester. The current semester schedule is:  
Lap Quilting – Tuesdays, 1 - 4 p.m.  
Crafts – Thursdays, 10 a.m. - 1 p.m.



### **Weekly Activities**

Monday - -Art Class - - - - -	9 a.m. – 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Body Recall - - - - -	1 - 2 p.m.
Tuesday –Exercise - - - - -	11 - 11:30 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Line Dancing - - - - -	2 - 3:30 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga - - - - -	6:30 - 7:30 p.m.
Wednesday -Art Class - - -	9 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Body Recall - - - - -	1 - 2 p.m.
Bridge - - - - -	6:30 - 10 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Exercise - - - - -	11 - 11:30 a.m.
Cake Walks - - - - -	11:15 - 11:45 a.m.
(when cakes available)	
Needlework Class - - - - -	1 - 4 p.m.
Yoga - - - - -	5:15 - 6:15 p.m.
Tai Chi - - - - -	6:30 - 7:30 p.m.
Friday-Nutrition/Health	
Classes - - - - -	10.45 -11:45 a.m.
Body Recall - - - - -	1 - 2 p.m.

Rook is an ongoing activity. Call Sherry to find our details about reserving a seat in a rook card game.

### **Congregate Nutrition Program**

Lunch is served Monday - Friday at 12 – 12:30 p.m.



### **Support Groups:**

Diabetes Support Group - Meets the first Thursday of each month at 12 noon.

Family/Caregiver Support Group - Meets the third Thursday of each month at 1:30 p.m.

Caregiver Class- Thursday, January 19, from 1:30-4:30 p.m., Nicole Riger Thomas from the Western Carolina Chapter of the Alzheimer's Association will present a program on Understanding Behaviors and Alzheimer's Disease: Causes and Strategies for Coping.

### **Blood Pressure Checks**

Third Monday each month from 11 a.m.-12 noon. Service provided by Boone Drug at Deerfield Pharmacy.

Third Friday each month from 11a.m.-12 noon. Service provided by Watauga County Health Department.

### **Agency Information**

Medicare D-Sherry Harmon, SHIP Coordinator, Wednesday, January 18, 2006, at 11 a.m.

Reverse Mortgages-Wilma McDaniel, Certified reverse mortgage counselor- Tuesday, February 28, 2006, at 11 a.m.



### **Special Activities**

**Tax Assistance**-Tuesdays, February 7-April 11. By appointment only.

**Medicare D, Prescription Drug Plan Assistance**- Ongoing- Please make an appointment.

**Valentine's Day Party**- Tuesday, February 14, 10 a.m.-12 noon. Crowning of the Senior Center King and Queen, refreshments, entertainment.

**Turchin Center Classes**- All sessions meet 10 a.m.-12 noon. Transportation is provided from the Harrill Senior Center to and from the Turchin Center. Monday and Wednesday, January 23, and 25 -- Ukrainian Decorated Egg Workshop with Dr. Janet Montgomery.

In the Ukraine, there was, since pre-Christian days, the belief that the fate of the world rested upon the making of a type of hand-decorated egg. As long as these eggs were created, the world would still exist. If the egg making were to cease, evil in the form of an ancient monster would be set loose from its chains to destroy the earth. Do your part to keep evil at bay! Create your own pysanky, or decorated egg, using real eggs, wax resist, and dyes. Each will be unique, although traditional symbols and motifs will be used and explained.

Monday and Wednesday, February 20, and 22 - Handmade Marbled Paper with Dr. Gayle Marie Weitz's ART 4421 students.

See Sherry Harmon to reserve a space on the van and in the class.



### **Special Interests and Services**

**Health Screenings**– Mondays, January 9, and February 13. By appointment only.

**WESTERN WATAUGA COMMUNITY CENTER**

**January and February 2006**



**Caldwell Community College Classes**

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester. The current semester schedule is:  
 Crafts- Tuesdays, 9:45 a.m. — 1:15 p.m.  
 Lap Quilting – Thursdays, 9 a.m. — 12:30 p.m.

**Congregate Nutrition Program**

Lunch is served Monday through Friday at 11:30 a.m.—12 noon.



**Weekly Activities**

Monday -Walking - - - - -	9:30 - 10:30 a.m.
Body Recall - - - - -	8:30 - 9:30 a.m.
Lap Quilting Guild - - - - -	10 a.m. - 1 p.m.
Tuesday - Walking - - - - -	8 - 10 a.m.
Exercise with light weights -	9:30 – 10 a.m.
Chair dancing - - - - -	10 – 11 a.m.
Wednesday– Walking - - - -	8 - 9 a.m.
Body Recall - - - - -	8:30 - 9:30 a.m.
Hand built pottery - - - - -	9 a.m. – 12 noon
Knitting - - - - -	9 a.m.— 12 noon
Thursday - Walking - - - -	9:30 - 10:30 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Exercise with light Weights -	9:30 – 10 a.m.
Art Class - - - - -	10 a.m. - 2 p.m.
Friday - Walking - - - - -	9:30 - 10:30 a.m.
Body Recall - - - - -	8:30 - 9:30 a.m.
Weaving Guild - - - - -	9 a.m. - 2 p.m.
Live Music - - - - -	10 - 11:30 a.m.
Yoga - - - - -	1 - 2 p.m.

Rook is an ongoing activity. Call Toni to find our details about reserving a space for a rook card game.



**Blood Pressure Checks**

Second Friday of each month from 10:30 - 11:30 a.m.

**Support Groups:**

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Caregivers Support Group/Class—Second Tuesday each month, 1:30 - 3:00 p.m. Pamphlets and Handouts available. Including a resource guide for caregivers.

Weight Loss Club - Mondays 7 – 8 p.m. For information call Connie Trivette at 297-3909.

**Agency Information**

Medicare D-Sherry Harmon, SHIP Coordinator, Monday, January 23, 2006, at 11 a.m.

**Special Activities**

**Tax Assistance-** February -April. By appointment only.

**Medicare D, Prescription Drug Plan Assistance-** Ongoing- Please make an appointment.

**Valentine’s Day Party-** Tuesday, February 14, 9:30-11:30 a.m.



**Valentine ‘s Day Rook Tournament-** Tuesday, February 14, time to be announced.

**Special Interests and Services**

**Health Screening** — Mondays, January 23, and February 27. By appointment only.



**Division of Services for the Deaf and the Hard of Hearing Outreach Clinic-** Monday, February 20, 10 a.m. –12 noon.

**Fiber Art/Hand Spinning Guild** — Spinners meet first Saturday of each month 9 a.m. - 12 noon.

Fiber Guild Meets third Saturday of each month 9 a.m. - 12 noon. For more information contact Sandra Basel at 297-3046.

**Cove Creek Grange-** 2<sup>nd</sup> Tuesday of each month, 7-9 p.m.

**Cove Creek Community Council** - 1<sup>st</sup> Tuesday of each month, 6-8 p.m. Meetings open to the public.

**Crafty Critters Club-** Their purpose is to assist with programs and supplies for the Branch Library and Senior Center and Home Delivered Meals programs. New members are invited to join the group to share in fellowship, fun activities, charitable endeavors, and creative projects. There is a \$10.00 fee to join, then a \$2.00 per month supply fee. Reap the benefits of giving! For more information call Toni at the center.

**Weaving Guild-** Donna Duke and Sandy Basel are offering weaving instruction by appointment at the Western Watauga Community Center. Anyone interested may call Toni Wait at the center.

**Western Watauga Branch of the Watauga County Library-** Monday and Wednesday- 10 a.m.-5 p.m. Tuesday and Thursday- 10 a.m.-7:00 p.m. Friday- Closed. The Bookmobile is available to any homebound county resident. Call Jackie Cornette at 297-5515, if you are interested in having books delivered to your home on Fridays. Pay a visit to your branch library and see what they have to offer.



**Lois E. Harrill -**  
**Special Interests and Services - Cont.**

**Free Hearing Aid Services** - hearing screenings and otoscopic examination to see if you have excessive earwax that needs to be removed by your doctor- Tuesday, January 24, 2006, 10 a.m.—12 noon.

**SHIP** - Counselors are available to provide assistance with Medicare, Medicare Supplements, Medicare Lookout, Long-Term Care Insurance and counseling for Medicare Prescription Drug Benefit Plans (Part D). Please call the center at 265-8090 to make an appointment.

**Fit for Life Exercise Program** – Monday – Friday 8:00 a.m. – 5:00 p.m. Walk inside or outside. Exercise equipment available.

**AARP**- Meets the third Tuesday of each month from 10 a.m.-12 noon at the Lois E. Harrill Senior Center. For more information contact Louise Harris at 264-6616.



**Book Discussion Group** - A Book Discussion Group meets the fourth Wednesday of each month at 1:30 p.m., at the Lois E. Harrill Senior Center. For more information you may call Beverly DeBenedictis at 264-2718.

**Watauga Amateur Radio Club** - Meets second Monday of each month, 6 - 7:30 p.m.

**Job Placement and Job Training** - See Sherry Harmon for more information or to make an appointment.

**Computer Training**-Free computer training is available for seniors. Please call the L.E. Harrill Senior Center to make a reservation. Computers are also available for use Monday through Friday 8 a.m.-5 p.m.

**Quilt Guild** - Mountain Laurel Quilt Guild meets the first Thursday of each month from 1:30– 4 p.m. and 6-8 p.m. at the senior center. For more information you may call Jera Unglesbee at 265-3656.



**Division of Services for the Deaf and the Hard of Hearing Outreach Clinic**- Monday, March 20, 10 am-12 noon.

**Social Security** - A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center the first Wednesday of each month from 9 a.m.—12 noon.

**Weaving Guild**—Donna Duke is offering weaving instruction by appointment at the Senior Center. Anyone interested may call Sherry Harmon, at the center.

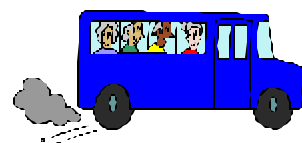
**Volunteer Opportunities**– The Senior Center has listings of volunteer job positions in the county. See Sherry Harmon for more information or placement assistance.

**VHS Movies Available** - May be checked out or reserve a TV/VCR and watch at the senior center.



**Inclement Weather**

Meals and activities will continue as scheduled as long as road conditions are safe for travel. When road conditions are dangerous, meals and activities will be canceled. A decision on cancellations will be made and announced on WATA (1450 AM), WZJS (100.7 FM), and WMMY (106.1 FM) radio stations by 8:00 a.m.



**AppalCart Schedule**

**L. E. Harrill Senior Center**

**Monday** - Intown and Foscoe

**Tuesday** - Deep Gap, Stoney Fork, Blowing Rock, and Intown

**Wednesday** - Meat Camp, Todd and Intown

**Thursday** - Intown, Cove Creek, Foscoe and Matney

**Friday** - Blowing Rock, Deep Gap, Intown, and Stoney Fork

## Western Watauga Community Center Special Interests and Services Cont.

**Job Placement, Job Training, and Volunteer Opportunities** - Check out the Employment and Volunteer Opportunities bulletin board at the WWCC. See Toni for more information or placement assistance.

### Alzheimer's Information Program

On Thursday, January 19, from 1:30-4:30 p.m., a class on Understanding Behaviors; Causes and Strategies for Coping will be presented at the Lois E. Harrill Senior Center. This course will help attendees recognize some of the causes of difficult behavior and provide strategies for preventing such situations when possible and for coping with them if they arise.

Nicole Rieger-Thomas with the Western Carolina Chapter of the Alzheimer's Association will be the presenter. The class is free and open to the public. It will be of special interest to family and professional caregivers and human service agency staff. For more information or to reserve a space please call the Project on Aging at 265-8090.



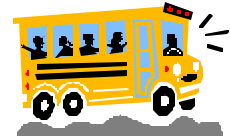
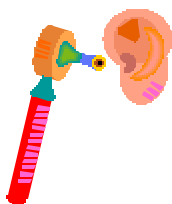
### Division of Services for the Deaf and the Hard of Hearing – Outreach clinics scheduled for Senior Centers

Beginning in February 2006, a staff member of the Morganton Regional Resource Center will conduct quarterly outreach clinics at both of Watauga County's senior centers. At these clinics applications will be available for assistance with the Center's services such as hearing aids and telecommunications equipment. Information will be available to instruct interested participants in how to obtain these items.

Clinic date for the Western Watauga Community Center will be: Monday, February 20, from 10 a.m. –12 noon

Clinic date for the Lois E. Harrill Senior Center will be: Monday, March 20, from 10 a.m.-12 noon

Please call the WWC Center at 297-5195 or the Harrill Center at 265-8090 for more information or to make an appointment.



### AppalCart Schedule -Western Watauga Community Center

**Monday and Wednesday**– Cove Creek areas, Mabel, Mast Gap, Old Hwy. 421, Pottertown, Silverstone, and Zionville

**Tuesday and Friday**– 321 North, Beaver Dam, Bethel, Cove Creek areas, Mast Gap, Matney, Rominger / Laurel Creek, Rush Branch

**Thursday** is shopping day in Boone, for all routes. The van leaves Cove Creek at 10:00 a.m. The AppalCart will take you to dental, doctor, hair appointments, drug store, grocery shopping, etc. Lunch will be served at the Lois E. Harrill Senior Center at 12 noon. After shopping the van will take you home. To ride the van on the day they come to your area, just call 264-2278 by 8:30 a.m. on the morning you wish to ride.

### Newsletter Availability

There are four ways to obtain a senior center newsletter:

- Pick up at Western Watauga Community Center or L.E. Harrill Senior Center.
- E-mail- Send a message to [sherry.harmon@ncmail.net](mailto:sherry.harmon@ncmail.net) requesting this method of delivery.
- Mailed.
- Located on agency's web site at [www.wataugacounty.org](http://www.wataugacounty.org). Under departments go to Project on Aging- then newsletter on side bar. You can view or print it from this site.



### Reminder

Classes and Activities are scheduled two months in advance, therefore cancellations and rescheduling can occur. If you are coming in for a specific activity call first to verify.

Lois E. Harrill Senior Center - 265-8090  
Western Watauga Community Center - 297-5195

### Welcome New Employee at WWCC

The Western Watauga Community Center has a new Experience Works participant assisting with the senior center and congregate nutrition programs. We wish to welcome Jim Osborne and extend our thanks for his contributions to the program.

### Holiday Closing

The Watauga County Project on Aging, which includes the Lois E. Harrill Senior Center and the Western Watauga Community Center, will be closed on Monday, January 2, 2006, in observance of New Year's Day.

In addition to these closings Home Delivered Meals will not be served.



### Disclaimer

The Senior Center does not endorse or recommend the services of any for profit group that may provide information programs at the center. We strive to make older adults aware of services available in the area. It is solely the decision of the individual as to their participation. Information only, not actual services will be offered at the center by any for profit business.

### INCOME TAX TIME AGAIN!!!!

The Watauga County Project on Aging will once again offer tax assistance at the senior centers. The Internal Revenue Service (IRS) and the American Association of Retired Persons (AARP) jointly sponsor the Tax-Aide program, which is a free tax assistance service for low- and middle-income taxpayers, with special attention to those 60 and over.

To be eligible:

- Your income for 2005 must be less than \$45,000.
- You should **not** have any of the following types of income: Rental, Partnership, Business requiring Schedule C, Royalties, and Sale of home or business. If your tax return is relatively complex you will be advised to seek professional tax assistance.
- You must be a Watauga County resident.
- Will file federal and NC returns. No out of state returns will be done!



The Tax-Aide program will run from February 7 to April 11, 2006. Tax counselors are available to file returns electronically or by traditional method.

Counselors will be at the Lois E. Harrill Senior Center in Boone on Tuesdays and dates for the Western Watauga Community Center in Cove Creek will be announced. You may call after January 15, 2006 to make an appointment.

L.E. Harrill Center-----265-8090

Western Watauga Center----297-5195



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